

# NOURISHING NEWS

IDAHO STATE DEPARTMENT OF EDUCATION CHILD NUTRITION PROGRAMS

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*This publication has been sent to all:*

- School Food Service Directors
- School Food Service Kitchen Managers
- CACFP Directors/ Owners and Program Managers



HEALTHY MEALS FOR EVERY CHILD, EVERY DAY!

## A Message from the Director

Food safety is an important aspect of the USDA child nutrition programs. The purpose of a food safety program is to ensure the delivery of safe foods to participants in the child nutrition programs by controlling hazards that may occur or be introduced into foods anywhere along the food flow (the flow of food from receiving to service).



Section 111 of the Child Nutrition and WIC Reauthorization Act of 2004 (Public Law 108-265) amended section 9(h) of the Richard B. Russell National School Lunch Act by requiring school food authorities (SFAs) to implement a food safety program for the preparation and service of school meals served to children in the school year beginning July 1, 2005. This program must be based on Hazard Analysis and Critical Control Point (HACCP) principles and conform to guidance issued by the U.S. Department of Agriculture (USDA). Idaho State Department of Education, Child Nutrition Programs have offered Food Safety and HACCP courses regionally throughout the

state for the past several years. This has allowed all Idaho SFAs to have a fully implemented food safety program that complies with HACCP principles at their serving sites.

We hope you find this newsletter of assistance when reviewing your safety program. For additional information visit [http://www.fns.usda.gov/fns/food\\_safety.htm](http://www.fns.usda.gov/fns/food_safety.htm).

Sincerely,  
Colleen Fillmore, PhD, RD, LD  
Director, Child Nutrition Programs

## Inside this issue:

- A Message from The Director** 1
- Play It Safe With Food** 2
- Commodity Corner: Best if Used By** 2
- Disposal of Contaminated Food** 3  
by Patrick Guzzle
- Food Safety Web Sites** 3
- HACCP Process Approach** 3
- Food Safety & Fresh Produce** 4

## A New Team Member to Idaho Child Nutrition Programs

We would like to welcome and introduce our new coordinator in the Child and Adult Care Food Program, Rachel Johns. Rachel started in her position on November 5, 2005. She is a native to Boise and is pleased to be back working in her home town. Rachel has been living in Eastern Idaho for the past five years. While she was there she earned her associate degree from Brigham Young University-Idaho and her bachelor's degree in dietetics from Idaho State University. She completed a dietetic internship through ISU, where she spent time working in local hospitals, foodservice and healthcare organizations. She especially enjoyed her time working with the foodservice department of the Pocatello School District #25.

Rachel has worked on some special projects for the Child Nutrition Programs in Eastern Idaho as a cadre. She is excited for this new opportunity to now work with the Child and Adult Care Food Program.

Rachel enjoys being outdoors. Some of her favorite hobbies are camping, hiking, wake boarding and snow skiing. She also loves spending time with her family and friends and is always up for learning a new card game. Rachel comes to us with great talent and experience. We are very excited to have her on our team. You may contact Rachel by email at [rjohns@sde.idaho.gov](mailto:rjohns@sde.idaho.gov) or by phone at (208) 332-6935. Welcome Rachel!

## CIRCULATE TO:

- ☐ Superintendent ☐ Principal ☐ School Nurse  
☐ Health Teacher ☐ Kitchen Staff



## Cooking & Reheating Foods

Below is a list of recommended internal temperatures that various meat products should be cooked and/or reheated. Cooking foods to the proper temperature can kill many harmful bacteria.

### Ground Meat

Beef, Pork,	
Veal, Lamb	160°F
Turkey, Chicken	165°F

### Fresh Beef, Veal, Lamb

Medium Rare	145°F
Medium	160°F
Well Done	170°F

### Poultry

Chicken & Turkey,	
Whole	165°F
Poultry Parts	165°F
Stuffing (cooked alone or in the bird)	165°F

### Ham

Fresh (raw)	160°F
Pre-cooked	140°F

For the complete list visit  
<http://www.foodsafety.gov/~fsg/fsthermy.html>



## Play It Safe With Food: Food Safety Recommendations from the Dietary Guidelines



Heidi Martin, RD, LD  
 Coordinator

Avoiding foods that are contaminated with harmful bacteria, viruses, parasites, toxins, and chemical and physical contaminants are vital for healthful eating.

### KEY RECOMMENDATIONS

To avoid microbial foodborne illness:

- ❄ Clean hands, food contact surfaces, and fruits and vegetables. Meat and poultry should *not* be washed or rinsed.

- ❄ Separate raw, cooked and ready-to-eat foods while shopping, preparing, or storing foods.

- ❄ Use a thermometer to ensure that foods are cooked to a safe temperature.

- ❄ Chill (refrigerate) perishable food promptly and defrost foods properly.

- ❄ Avoid raw (unpasteurized) milk or any products made from unpasteurized milk, raw or partially cooked eggs or foods containing raw eggs, raw or undercooked meat and poultry, unpasteurized juices and raw sprouts.

Source: 2005 Dietary Guidelines for Americans



### Is Your Thermometer Calibrated Correctly?

#### Ice-Point Method

1. Fill a glass with crushed ice. Add water until the glass is full.
2. Place the thermometer in the center of the glass of ice water, not touching the bottom or the sides of the glass.
3. Agitate the glass of ice water to assure even temperature distribution throughout. Wait until the indicator stops.
4. The temperature should register 32°F. If it does not, adjust the calibration nut by holding it with pliers or a wrench and turning the face of the thermometer to read 32°F. If using a digital thermometer with a reset button, adjust the thermometer to read 32°F while the metal probe is in the ice water, or replace the battery.

## Commodity Corner: Best if Used By



Colleen Fillmore, PhD, RD, LD  
 Director, CNP  
 Dennis McNees, Specialist

Just imagine, walking into the store-room to find a case of USDA commodities that is several years old. What do you do? We often hear, "I found some commodities that have been in my storage for years. How long can I store a commodity item?"

The first thing to consider is the inventory record system your facility is using. The "First in – First out" (FIFO) system needs to be used. Start using the commodities as soon as they arrive. **Do not stockpile.** Better to use it than forget about it and have to toss it later.

Back to the original question, "How long can you store a commodity item?" Well, that depends on the item. All commodities have a differ-

ent shelf life. Storage conditions of the commodity also have an effect on the shelf life.



Go to our new Idaho State Department of Education, Child Nutrition Web site ([www.sde.idaho.gov/child/](http://www.sde.idaho.gov/child/)) and click on the "Food Distribution" icon. Look under "Commodity Info" and you will find a link to "Best If Used By Date" information.

Remember to date the items when they arrive at your facility. Do not depend on the commodity to be dated. This is very important when cans are removed from their cases. Keep in mind that an item does not go bad at that date; it just is not at its peak of quality and nutrition value.

If you do find you need to dispose of a commodity, and need assistance on the proper process, please call (208) 332-6831 to speak with Dennis, Jean or Colleen.





## Disposal of Contaminated Foods

Patrick Guzzle, Idaho Health & Welfare Food Program Manager

Lately, food safety concerns have been keeping all of us busy. Recent illnesses associated with spinach, peanut butter and canned chili products have prompted several nationwide recalls of these foods. There are several possible answers as to why we are seeing more information about food recalls, but the question often remains, "If these foods are found, what should be done with them?"

The real answer depends on the food and the reason why it might be contaminated. Below are some foods, along with a possible concern and information related to the best practice for disposal, or if possible, reconditioning the food in order to make it safe to eat. The list is not exhaustive and for more assistance, one should contact the local district health department.



### Molded cheese:

If the cheese is in a block form, it can be reconditioned by cutting off the moldy sections along with an extra ½ inch. If the cheese is shredded, it should be discarded in the garbage. In order to make it less likely to attract pests, pour some bleach or other sanitizer on top of the cheese.



### Produce:

Wash thoroughly under cool, running water. Soaking produce in standing water will not remove soil and other contaminants. If produce is discarded in the garbage, it

should not be palatable for human or animal consumption. In order to do this, pour some bleach or other sanitizer on the produce.



### Canned foods:

Discard in the garbage. However, if the can is bulging or dented, extra caution must be exercised. Canned foods can allow the formation of botulism toxin and the smallest amount of this toxin can cause serious illness. If a can is bulging or dented, carefully slit the can enough to pour ammonia or bleach into the can and then discard it in the garbage.



## Refreezing & Cold Storage

These short, but safe, time limits will help keep refrigerated food from spoiling or becoming dangerous to eat.

### Eggs

Fresh, in shell  
3-5 weeks  
Hard-cooked  
1 week

### Hot dogs

Opened package  
1 week  
Unopened package  
2 weeks

### Soup or Stew

Meat or Vegetable  
3-4 days

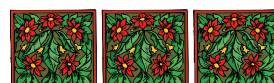
### Chicken Nuggets

1-2 days

### Pizza, cooked

3-4 days

For a complete list visit:  
<http://www.foodsafety.gov/~fsg/f01chart.html>



## Food Safety Web Sites

Heidi Martin, RD, LD  
Coordinator

If you want to brush up on your food safety knowledge, or provide more information on food safety for your staff, there are several good websites that will help you.

[www.fightbac.org](http://www.fightbac.org) Fight BAC! © campaign is a food safety initiative that educates consumers about the four simple practices - clean, separate, cook and chill - can help reduce the risk of foodborne illness. This website is full of educational tools, posters and handouts that will help keep your kitchen safe.

[www.foodsafety.gov](http://www.foodsafety.gov) The government's food safety website provides up-to-date information on foods, foodborne illness, outbreaks and educational materials.

[www.fsis.usda.gov](http://www.fsis.usda.gov) The USDA's Food Safety and Inspection website provides food recall information, food safety information, and educational resources.

[www.foodsafetyfirst.org](http://www.foodsafetyfirst.org) Food Safety FIRST is an online education program designed to help you and your students gain food safety knowledge, safe food handling practices and critical thinking skills.

New information on food safety is constantly emerging. Recommendations and precautions are updated as scientists learn more about preventing foodborne illness.

## HACCP Process Approach

Anna Mae Florence, RD, LD  
Coordinator

What does the Process Approach to HACCP mean?

The Process Approach categorizes food preparation into **three broad groups** based on how many times each menu item moves through the temperature danger zone. Menu items can be grouped as follows:

- **Group 1: The No-Cook Method:** Menu items prepared and served without cooking. Items such as green salads, fresh fruits and vegetables, meat salads, sandwich meats and cheeses.
- **Group 2: Same-Day Service:** Foods that are prepared and cooked just-in-time for service. Examples: hamburgers, pizza, burritos, chicken nuggets.
- **Group 3: Complex Food Preparation:** Foods that will be prepared, cooked, held, cooled, reheated and served. Some of these items may be: spaghetti, baked turkey, soups, hamburger dishes and gravies.



## Food Safety & Fresh Produce

Anna Mae Florence, RD, LD  
Coordinator

Undeniably, fresh produce is a true enticement when trying to get students to choose healthier foods. Produce, when extremely fresh and ripe, has all the qualities to lure repeat consumers. But how do you guarantee safety? A few years back no one considered lettuce, spinach or sprouts as a possible carrier of foodborne illness. Now, everyone is aware of this growing list of foods.

How do you ensure that you will be serving a safe food to the students?

Try these suggestions:

- Be ready for the delivery. Check it in immediately. Make certain that the produce is of high quality. Use the *Fruits and Vegetable Galore* resource. Make sure there is room available in the coolers and refrigerators and that nothing sits directly on the floor.



- Wash all fresh fruits and vegetables with cool **running** tap water before serving. Do not use soap or detergents. Scrub firm produce, such as melons and cucumbers, with a clean produce brush. Cut away any bruised or damaged areas.
- Fresh produce should be refrigerated within two hours of peeling or cutting. Leftover cut produce should be discarded if left at room temperature for more than two hours.
- Do not cross-contaminate. Use clean cutting boards and utensils when handling fresh produce. Use one clean cutting board for fresh produce and a separate one for raw meat, poultry and seafood.
- Do not allow ice that has come in contact with fresh produce to be eaten.



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Mailing Label



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